



# WARREN COUNTY HEALTH DISTRICT

## Prevent-Promote-Protect



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### NEWS & INFORMATION



Duane Stansbury, R.S.,  
M.P.H  
Health Commissioner

### Six Feet Trick-or-Treat

Halloween is almost here, but COVID is still lingering. The state health department recommends that hayrides and haunted houses be canceled/avoided. To lower Trick-or-Treat risk, consider safer, socially distant ways to celebrate, such as:

- Holding a drive-through or drive-in trick-or-treat event, with children in costume and face coverings staying in cars and collecting treats from individuals spaced at least 6 feet apart.
- Holding drive-by costume or car-decorating contests with judges who are physically distanced.
- Leaving treats for friends and neighbors.
- Decorating your home and hide

treats as an alternative to trick-or-treating.

- Holding costume parties or pumpkin carving events or contests online, such as by video conference.
- Do not hold large in-person Halloween parties. Limit attendance to 10 or fewer people and hold the event in an outdoor area where social distancing is possible.
- Avoid activities, such as bobbing for apples
- Always wear a face covering and stay 6 feet away from people who are not from your household
- Carry hand sanitizer and use it before eating candy and after touching other hands or surfaces.
- Select events/attractions that are held outdoors and allow attendees to

stay in their cars (such as drive-through event) or socially distance.

- Avoid events that involve being crowded.
  - If taking your children trick-or-treating, limit the number of houses you visit and ask your children to stay as far from treat-givers as possible.
  - Refrain from having children select their own treats from a bowl/common container or set up a hand-sanitizing station.
  - For small children, consider holding the bag for them.
  - Allow children to eat only factory-wrapped treats. Wipe off candy wrappers with sanitizing wipes when you arrive home.
- <https://coronavirus.ohio.gov/static/responsible/celebrating-halloween.pdf>

### Warren County Health Cribs for Kids Program

Warren County District is committed to reducing sleep-related infant deaths by providing the Cribs for Kids program. This program provides pack-n-play portable cribs at no cost to eligible families in order to provide a safe sleep space for their infant (under one year of age). Safe sleep education and follow up visits are also provided.



Call 513-695-2475 to see if you are eligible for the program. The program services both Warren and Clermont counties.

### Self Breast Exams

October is National Breast Cancer Awareness Month. Adult women of all ages are encouraged to perform breast self-exams at least once a month. Johns Hopkins Medical center states, *“Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.”*

While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.

#### Performing Breast Exams

Breast exams should be performed while nude above the waist. Exams can be performed in one of three ways:

##### 1. In the Shower

With the pads/flats of your 3 middle fingers, check the entire breast and armpit area pressing down with light, medium, and firm pressure. Check both breasts each month feeling for any lump, thickening, hardened knot,

or any other breast changes.

##### 2. In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women’s breasts do, so look for any dimpling, puckering, or changes, particularly on one side. muscles. dimpling, puckering, or changes, particularly on one side.

##### 3. Lying Down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

#### Need for Mammograms

If you find a lump, schedule an appointment with your doctor, but don’t panic — 8 out of 10 lumps are not cancerous. For additional peace of mind, call your doctor whenever you have concerns.

Additionally, Women age 45 to 54 should get mammograms every year. Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.



<https://www.cancer.org/healthy/find-cancer-early/cancer-screening-guidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html>  
<https://www.nationalbreastcancer.org/breast-self-exam>

# Nothing but the Tooth



October is also National Dental Hygiene Month. Cavities are one of the most common chronic diseases of childhood in the United States. Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing, and learning. Children who have poor oral health often miss more school and receive lower grades than children who don't.

Don't worry, cavities are preventable! See what you can do for best dental care.

## For Babies

- Wipe gums twice a day with a soft, clean cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities.

## For Children

- Brush their teeth twice a day with fluoride toothpaste.
- Drink tap water that contains fluoride.
- Ask your child's dentist to apply dental sealants when appropriate.

## Adults

- Drink fluoridated water and brush with fluoride toothpaste.
- Practice good oral hygiene. Brush teeth thoroughly twice a day and floss daily between the teeth to remove dental plaque.
- Visit your dentist at least once a year, even if you have no natural teeth or have dentures.
- Do not use any tobacco products. If you smoke, quit.
- Limit alcoholic drinks.
- If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease. Treating gum disease may help lower your blood sugar level.
- If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition.

If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco products and alcohol.

- See your doctor or a dentist if you have sudden changes in taste and smell.
- When acting as a caregiver, help older individuals brush and floss their teeth if they are not able to perform these activities independently.

**\*\*See the link below for resources regarding free dental care.**

<https://www.freeclinics.com/co/oh-warren>

<https://www.cdc.gov/oralhealth/basics/adult-oral-health/tips.html>

<https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html>

**The Offices of the Warren County Health District will be closed**

**October 12th, in observance of Columbus Day.**



and after birth. Place the crib in an area that is always smoke free.

- Supervised, awake tummy time is recommended daily to facilitate development.
- Consider using a pacifier at nap time and bed time, once breastfeeding is well established.
- Talk to those who care for your baby, including child care providers, family, and friends, about placing your baby to sleep on his back for every sleep.
- Obtain regular prenatal care to reduce the risk of SIDS even before birth.
- Avoid alcohol and illicit drug use during pregnancy and after birth.

<http://ohioaap.org/SafeSleep>

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/infant-mortality/related-programs>

<https://womenscenterohio.com/locations/womens-center-lebanon/>

# Protect Your Baby

Learn the 6 Steps to Always Safe Sleep Baby BIRTH TO ONE YEAR



Sudden Infant Death Syndrome (SIDS) is a prevalent issue for babies. Every week in Ohio, 3 babies die in unsafe sleep environments. Parents can reduce the risks of this tragedy by knowing and following the ABC's of infant safe sleep.

Babies should always sleep Alone, on their Back, in their Crib for every sleep. See below for more tips on safe sleep.

- Place the baby on his or her back on a firm sleep surface such as a crib or bassinet with a tight-fitting sheet.

- Avoid use of soft bedding, including crib bumpers, blankets, pillows and soft toys. The crib should be bare.
- Share a bedroom with parents, but not the same sleeping surface, preferably until the baby turns 1 but at least for the first six months.
- Room-sharing decreases the risk of SIDS by as much as 50 percent.
- Avoid baby's exposure to smoke, alcohol and illicit drugs.
- Dress your baby in sleep clothing, such as a sleep sack, and do not use a blanket.
- Avoid letting the baby get too hot. Keep room temperatures in a range comfortable for a lightly clothed adult.
- Infants should receive all recommended vaccinations.
- Breastfeeding is recommended to help to reduce the risk of SIDS.
- Avoid smoke exposure during pregnancy

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